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Members of the Dalhousie Tigers celebrate their win over the UPEI Panthers at the Scotiabank Centre on Sunday.  
JEFF HARRER/METRO

## REPEAT CHAMPS

**Tigers knock off Panthers to win  
back-to-back AUS men's hoops titles**

metroSPORTS

## Pay bump put on ice

VOTE

**Councillors to  
face temporary  
salary freeze if  
report approved**



**Zane  
Woodford**  
Metro | Halifax

Halifax regional councillors will vote Tuesday on a report that would see their salaries frozen.

The report recommends a new formula for determining the salaries of councillors and the mayor, along with changes to their pensions and the introduction of transitional pay for outgoing councillors.

The new formula would mean that councillors would be paid 25 per cent more than the average full-time worker in Halifax based on census data. The deputy mayor would get 10 per cent on top of that, and the mayor

would be paid 2.2 times what councillors make.

Because the new formula would actually lower councillors' salaries, the report recommends freezing them until the formula catches up.

The report is the result of a committee struck in November 2014 after Coun. Steve Craig put forward a motion calling for a review of the formula used to determine his and his colleagues' salaries.

"Overall, I think the report did what I wanted it to do, and that was to have an independent body look at it," Craig said. "It reflects the thinking of the day, in my mind."

Deputy Mayor Matt Whitman thinks the report was unnecessary because councillors' salaries were already determined through an independent committee.

"I've never voted on my pay ... I don't want to vote on my pay on Tuesday," Whitman said. "It's already being figured by some formula at arm's length from me. This puts it in my control to vote on it."



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Actor portrayals





## TRAFFIC FATALITY

### Man, 21, dies after car crash



**Philip Croucher**  
Metro | Halifax

A 21-year-old man has died after a head-on crash on Sackville Drive Sunday afternoon.

Sgt. Mike Lidstone of the RCMP said two vehicles were involved in the collision at 222 Sackville Dr., which is near Sportswheels, around 1:10 p.m.

Lidstone said the vehicles were going in opposite directions when a Hyundai Veloster veered over four lanes of traffic and smashed into a Toyota Camry.

Lidstone said the 21-year-old Middle Sackville man driving the Veloster suffered "serious injuries" in the accident. He was later pronounced dead.

A 42-year-old woman was a passenger inside the same car and suffered non-life-threatening injuries.

The driver of the Toyota Camry, a 62-year-old Lower Sackville man, also suffered non-life-threatening injuries.

## MYSTERY

### Eerie howl turning heads

An eerie high-pitched howl that croons from an under-construction convention centre during high winds is turning heads in Halifax.

Social media has been abuzz about the unearthly keening at the Nova Centre in the downtown core, sparking the hashtag #HalifaxHowl and drawing comparisons to a banshee.

But local meteorologist Richard Zurawski said the phenomenon is not uncommon and can be heard in many structures, such as suspension bridges.

Zurawski said if winds pass through the unfinished structure at the right speed, and intensity, it creates standing waves.

"It's very similar to a musical instrument," said Zurawski. "Think of it almost as wind chimes in a way. They're not banging against each other but they are setting up standing waves."

THE CANADIAN PRESS

# Suspects sought after Clayton Park shooting

## CRIME

### Man taken to hospital with life-threatening injuries



**Zane Woodford**  
Metro | Halifax

Police say three suspects are on the loose after a shooting early Sunday morning put a man in

hospital with life-threatening injuries.

At about 2 a.m., Halifax Regional Police got a call from a 60-year-old man who said he'd been shot inside his apartment at 680 Parkland Dr.

Police spokeswoman Staff Sgt. Barb Saunders said when police and paramedics arrived on scene, they found the man suffering from a "gunshot wound to the upper torso."

Paramedics treated him on the scene and he was taken to hospital.

Officers and a K-9 unit scoured

the area early Sunday morning, but were unable to find the suspects. Saunders said investigators were still on the scene Sunday afternoon looking for witnesses and any surveillance video in the area.

"The victim is obviously still in the hospital, and we haven't been able to speak with him again," she said.

That's making it difficult for police to get more detailed descriptions of the three men they say are responsible. The suspects are described as white men, but the only other description police

have is of their clothing.

They say one of the men was wearing a black hooded sweater and black pants. Another one of the suspects was wearing a black hooded sweater with gray pants and the third suspect was said to be wearing a black winter jacket with fur on the hood, jeans and sneakers.

"We haven't determined yet whether the parties are known

to each other or not," Saunders said.

Wendy Adams, the regional manager at Timbercreek Communities, the company that owns the building at 680 Parkland Dr., didn't have any details on the victim's condition.

"The safety of our residents is our No. 1 concern and we are collaborating with the police with their investigation," she said.

**"We haven't determined yet whether the parties are known to each other or not. Barb Saunders**



**WEATHER SNOWED-IN DRIVERS DIG OUT THEIR CARS** A motorist digs out a car in Halifax on Saturday during a weekend storm. Heavy snow and winds buffeted parts of Halifax, with some parts of the municipality seeing close to 30 centimetres of snow. ANDREW VAUGHAN/THE CANADIAN PRESS

## REFUGEE CRISIS

### Musicians strike a chord at Syrian benefit concert



**Rebecca Dingwell**  
For Metro | Halifax

Jacques Mindreau was one of dozens of musicians to brave Saturday's storm and perform at a benefit concert for Syrian refugees at the Company House.

"This is an amazing thing," Mindreau said. "Trying to support a family that's trying to seek asylum."

Despite the heavy snow and wind in Halifax throughout the morning, a small crowd showed up at the North End bar to help the cause.

"As musicians, we're not the most well-off people financially, (but) you have people power," added Mindreau.

The event was organized by St. George Refugee Sponsorship Committee (SGRSC), a local group working to raise money in order to privately sponsor a refugee family.

Thomas McCallum, one of the concert organizers, said he was inspired by a day-long concert put on by the Xara choir at the Company House a few years ago.

"I just thought that was a great idea," said McCallum.

Since he hadn't seen much response to the refugee crisis from the local music scene, McCallum took it upon himself to create the opportunity.

"I thought this would be just the ticket for the musicians to

give back."

McCallum reached out to some performers, while others contacted him and asked to participate. Halifax-area musicians such as MAJE and Hunter McLellan took to the stage over the course of the day, as well as "surprise guest" Gabrielle Papillon.

The refugee family who will be supported by the charity is not yet in Canada. They were delayed in Jordan due to the birth of a new baby.



**Gabrielle Papillon**  
REBECCA DINGWELL/FOR METRO



# 'I want him to know who I am'

CRIME

**Woman who says she was assaulted on bus speaks out**



**Yvette d'Entremont**  
Metro | Halifax

The morning of Feb. 25 started like any other for 19-year-old Alix Parker.

But by day's end, things had changed.

The student says she was sexually assaulted on a Halifax Transit bus while she slept. She's now afraid to take the bus. She can't sleep properly. She's angry. She's tearful.

But she's determined to tell her story and to let the man responsible know she won't back down.

"I want him to know who I am and that I have a life, and that I'm not just some random person on the bus," she told Metro in an interview, asking us to report her full name.

"I want him to see that I'm a mother, and that I'm someone's partner and someone's daughter, and that I have a name."

The single mom and full-time student has a hectic schedule. Her day begins at 4 a.m. She takes a 6 a.m. bus, brings her two-year-old son to daycare, then gets to class for 8:30 a.m.

This requires several buses. Until the day of her assault, she never worried about taking public transit.

On that day, Parker was



**Alix Parker looks out at Halifax Harbour on Friday** after speaking with Metro about being sexually assaulted on a Halifax Transit bus on Feb. 25. YVETTE D'ENTREMONT/METRO

heading to pick up her son when she nodded off on the Route 4 bus heading towards Lacewood terminal. She jolted awake when the bus stopped at Joseph Howe Drive.

"I noticed something was off because I felt someone, a man that I didn't know, and it wouldn't matter if I knew him or not because I was asleep. His hand was between my legs and I didn't know what to do," she said in a halting voice.

"I was also coming out of

a sleep.... That was his stop. He didn't know I was awake because he didn't even look at me. He just got off the bus."

It was almost a week before Parker reported the incident to police. Although afraid she wouldn't be taken seriously, she didn't want it to happen to anyone else.

"This probably wasn't the first time he has done that ... that he's assaulted someone on the bus," she said. "And if it was, it shouldn't have ever happened. But it should definitely be the last time."

She has nightmares, and says she wakes up feeling like she can't breathe.

Parker no longer dares take Route 4, and when she's on

another bus she sits as close to the front as she can. She doesn't let anyone sit beside her unless it's absolutely necessary. She forces herself to stay awake.

"I jolt at every touch, even if it's just from the people I love and I don't know it's them. Like if I'm just standing there and they come up behind me, I jolt away," she said, tears in her eyes.

But she's also defiant.

"I want it to change, and I'm going to make it change. If a subject makes people uncomfortable then you should be talking about it," Parker said.

"We need to start treating women with more respect because we are not objects."



**Alix Parker holds tightly onto her coffee while speaking.** YVETTE D'ENTREMONT/METRO

**"It angered me to no end that someone thought so little of me that I was asleep and he decided to do that. Alix Parker**

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# Shipbuilding underway

IRVING

## Questions surrounding the frigate program

Officials at Irving Shipbuilding opened the company's massive new facility on the Halifax waterfront to the media on Friday in a response to recent speculation about the future of Ottawa's plan to refurbish the Royal Canadian Navy.

President Kevin McCoy led a tour around the imposing ship assembly hall and a fabrication facility in Dartmouth to show off the company's capabilities as work continues on the construction of the first of six Arctic patrol vessels.

Irving has yet to sign a contract for the high-profile replacement of the navy's frigates — a program awarded to the Halifax shipyard with much fanfare in October 2011. And last week the federal government revised the framework for the frigate replacement program, opting for a proven foreign de-



Workers construct components of the Arctic offshore patrol ships at the Irving shipbuilding facility in Halifax on Friday. ANDREW VAUGHAN/THE CANADIAN PRESS

sign over a custom domestic blueprint.

"We're doing this today because we've gotten a lot of questions about what's happened over the last four years," said McCoy during Friday's tour.

McCoy said Irving wants Can-

adians to know that work has been ongoing and the company is positioned and technically capable of meeting any requirements laid out by Ottawa and the navy.

"We not only built the facility ... but now we are up and

running and the benefit of all of that prep work over the last four years is that we can efficiently go into shipbuilding," he said.

The company began construction of the Arctic patrol vessels last September.

## + OVER BUDGET

### Original cost passed

The cost of building 15 warships was pegged at around \$26 billion, but internal documents and published reports last fall suggested the price tag could go as high as \$40 billion.

McCoy downplayed Ottawa's revision of the frigate plan, saying he sees it as a "refinement" rather than uncertainty about the program.

He said Irving recognizes the advantages of working with firms that have existing designs.

"Less cost, less developmental risk, more cost certainty up front once we do get a contract, but also it takes about two years off the design timeline," said McCoy.

However, he wouldn't discuss cost or numbers of ships and would only say that the Irving shipyard was prepared to build 15 frigates beginning sometime in early 2020.

THE CANADIAN PRESS

## IN BRIEF

### Halifax Transit bus runs over pedestrian's leg

Police in the Halifax area are investigating after a city bus ran over a man's leg on Friday evening.

Investigators say the 23-year-old man had gotten off the Halifax Transit bus on Main Road in Shearwater around 10:30 p.m.

They say as the bus was pulling away from the curb, the man started to run alongside it and somehow got entangled in the rear tire. His right leg was run over and the man is undergoing surgery for non-life-threatening injuries.

The incident is under investigation but police say they do not expect to lay charges.

THE CANADIAN PRESS

### Automated passport checks at Stanfield

Travelling to the United States from Halifax is about to get a whole lot easier as the Stanfield International Airport begins automating passport checks.

The Halifax International Airport Authority (HIAA) installed seven automated passport control kiosks to speed up the process of travelling to the U.S., the authority said in a news release Friday.

The automatic kiosks are only available for those who have either a U.S. or Canadian passport, and international travellers with Electronic System for Travel Authorization approval. METRO

## EMPLOYMENT

# Seasonal jobs up

The Nova Scotia government says it is offering 150 jobs to students this spring and summer.

More than 80 positions were posted online Friday.

The remaining will be hired through internships and co-op

placements.

The 80 open positions are based throughout the province and include a wide variety of jobs, like camp counsellors and forest aircraft maintenance engineers.

THE CANADIAN PRESS



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# Cole Harbour man a guardian for kids afflicted with arthritis

## EMPATHY

### Nik Harris helps break down stigma attached to age



**Yvette d'Entremont**  
Metro | Halifax

Nik Harris has never let his invisible illness slow him down or prevent him from making a difference.

The 21-year-old Cole Harbour resident, diagnosed with a childhood form of arthritis before he was two years old, jumped onboard as a volunteer with the Arthritis Society while still in high school.

"I feel it's almost better to have been diagnosed at a younger age and grow up with it rather than knowing one way of life and then having to adapt to it in an instant as some people really have to do," he said. "My entire life has revolved around doing arthritis-related things."

From appointments to medication to learning to cope with his arthritis at different stages, arthritis was just a normal part of his everyday life.

In 2012, Harris was looking for a volunteer experience to connect with and realized he never had thought of the Arthritis Society.

During his almost five years of steady involvement with the society, Harris has been on the Walk to Fight Arthritis committee each year. He has also taken on community outreach work to involve schools and create awareness of juvenile idiopathic arthritis, the condition he grew up with.

"It is a childhood form that affects quite a few children and it's not well known still, because arthritis still has that elderly stigma attached to it," he said. "It happens at any age."

The Dalhousie University student also works with the Arthritis Society on a provincial working group and is a member of a national childhood arthritis advisory council.

"It has been amazing being able to be involved with those discussions and to have input on recommendations that ultimately impact 20,000 Nova Scotians living with inflammatory arthritis," he said. "We have the highest per-capita rate of it here."

One of his favourite endeavours is the annual JoinTogether camp for young people living with various forms of childhood arthritis. Harris has taken one week off to volunteer as a camp counsellor for the past four years.

"Despite having had arthritis for such a long period of time,



Dalhousie University student Nik Harris, 21, was diagnosed with his condition as a toddler. JEFF HARPER/METRO

that camp was the first time I actually got to connect with people with arthritis which was huge for me," he recalled.

Harris has also volunteered over the years with the IWK children's hospital, his local library, with mental health initiatives, and Base Y Generation, a youth organization he co-founded while still in high school.

Base Y is a non-profit group whose ultimate goal is to see a youth drop-in centre in Cole Harbour. At the moment volunteers work with young people

and community organizations to help raise awareness of issues facing local youth.

"I like being around people and, I guess, being busy drives me. It's almost like a coping mechanism," Harris said.

"It led me to social work. It led me to realize this is something that I want to be doing as a profession ... but even when I'm working full-time I'm going to still continue to volunteer because it keeps me busy and it keeps me connected to those communities."

## 'He's an inspiration'

Nominator Susan Tilley-Russell is executive director for the Arthritis Society's Atlantic Region.

**Susan-Tilley-Russell:** Nik Harris gives "hundreds of hours of his own time to help others living with arthritis, especially youth and young adults."

"He's an inspiration for people living with a chronic condition, not only through his work with The Arthritis Society, but also in his own community as a co-founder and president of Base Y Generation and various other volunteer projects," she said.

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Peeples is coming out in a watered-down form. CONTRIBUTED

# CONTROVERSY

## Peeples app set to launch

It was reviled as the most hated app in the world, and that was before it actually existed. Now people will get a chance to judge Peeples, as it is set to become available for download on Apple's App Store on Monday.

Last October, when its creators first unveiled Peeples, which is best described as a "Yelp for Humans," it created an online media firestorm that had co-founders Julia Cordray and Nicole McCullough shamed on every existing social network, doxxed (their personal information put online) and targeted for personal threats. They retreated from most online platforms, but did post that they were listening to the criticisms, and would be changing the most contentious things about the app before launch.

That day has arrived, as they prepare for the world to judge their product, as opposed to their intentions.

TORSTAR NEWS SERVICE

# TORONTO

## Mom found guilty in disabled girl's death

A Toronto mother accused of killing her severely disabled daughter was found guilty of first-degree murder in the girl's death on Sunday.

Cindy Ali, 45, was sentenced to life in prison with no chance of parole for 25 years.

Ali had pleaded not guilty in the death of 16-year-old Cynara, who had cerebral palsy and couldn't walk, talk or feed herself.

Crown prosecutors had argued that after years of being the primary caregiver for the infant-like Cynara, Ali smothered her daughter with a pillow and created an elaborate story about a home

invasion to cover up her crime.

Ali's defence lawyers argued, however, that Cynara was cherished by her mother and died either after seizures that might have been triggered by the alleged home invasion, or from a lung infection.

"I expect we will have instructions from Cindy Ali and her family to proceed with an appeal," Ali's defence lawyer Christopher Hicks said outside court following the verdict.

Cynara was pulled off life support in a Toronto hospital in February 2011, two days after emergency personnel responding to a 911 call about a home invasion found her without vital signs.

An autopsy found Cynara's immediate cause of death was a brain injury from deprivation of oxygen, which was caused by cardiac arrest. That cardiac arrest, court heard, could have been caused by suffocation.

A pathologist called by Ali's defence lawyer testified he found "no physical evidence" of smothering in the case, but noted he also could not entirely rule it out as a possibility. THE CANADIAN PRESS



Cynara Ali CONTRIBUTED

# TOLERANCE

## Call to action against racism

A Vancouver-area radio DJ wants people across Canada to raise their hands — figuratively and literally — against racism this month.

Shushma Datt, founder and host of Spice Radio, immigrated to Canada in the early 1970s. "I went to many stations and was not accepted," Datt told Metro.

Last year's inaugural event was a huge success, Datt said. "It was so popular we had calls coming in as far as England and Germany."

TEREZA VERENCA/ FOR METRO  
SHUSHMA DATT JENNIFER GAUTHIER/ FOR METRO



Shushma Datt JENNIFER GAUTHIER/ FOR METRO



U.S. President Barack Obama, right, and Prime Minister Justin Trudeau held a bilateral meeting at the Asia-Pacific Economic Cooperation summit in the Philippines in November 2015. Trudeau will visit the White House, speak to a women's group in New York and attend a nuclear summit in Washington throughout March. THE ASSOCIATED PRESS

## Trudeau U.S. trip a stately throwback

# POLITICS

## PM channels former prime minister with 3 visits in March

This month will feel like a blast to a long-lost past where Canadian prime ministers visited the United States frequently and received considerable attention while doing so.

Prime Minister Justin Trudeau will be in the U.S. three times this month: for a state-level visit to the White House this week, to speak to a women's group in New York the following week and for an international nuclear summit in Washington at the end of the month.

The number of visits in such a short period and the level of attention they're expected to

garner will have a bit of a Mackenzie King feel to them.

Newspapermen would crowd into the Canadian embassy and write lengthy stories even when the famously tight-lipped King had nothing to say during his several-times-a-year visits to his buddy Franklin Roosevelt.

"It's only to be expected that when one of the capital's favourite visiting statesmen comes to town he will be winned, dined and feted," a 1942 society column in the Washington Post wrote.

The trips became less familiar and less frequent after the Second World War.

Lester Pearson visited a few times in a short span. He was on the front page of the New York Times and Washington Post, smiling with John F. Kennedy at the family compound in Cape Cod.

His next visits were tinged with tragedy following the death of Kennedy, and he was at odds

# + OPPORTUNITY

Obama White House veteran Brett Bruen said Trudeau could capitalize by doing more unconventional media. "Establish him as an American celebrity ... That's one of the unique opportunities offered by his prime ministership," Bruen said.

with Lyndon B. Johnson.

There's a more relevant precedent for the attention on Trudeau: his dad.

Trudeau infuriated Americans by ordering a reduction in oil exports to the U.S. by nearly one-quarter during the 1970s oil shock. On one visit, he was warned by a famous lawmaker that this would cause an "ugly relationship." THE CANADIAN PRESS

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7

# Women fear being seen

AFGHANISTAN

## UN agency to black out pics on website to highlight plight

A United Nations agency in Afghanistan plans to stop publishing photographs on its website to highlight the plight of Afghan women ahead of International Women's Day on March 8, a UN official said on Sunday.

The move aims to bring attention to the fear many Afghan women have of the potential consequences of appearing in public or having their photographs published, said Rob Few, chief of communications for the UN Development Program in Kabul.

Photographs already on the UNDP's Afghanistan website would be blacked out starting Sunday, and replaced with the hashtag #WhereAreTheWomen, Few said.

Few said the UNDP's decision came after an Afghan

woman helped by the agency to escape an abusive forced marriage said she was too afraid to have her photo published alongside a report about her experience.

"Walk down any street, or into any government office, or into any hospital, police station, business or university, and you have to ask yourself, 'Where are the women?'" Few said.

The post-2001 constitution protects women from violence and discrimination.

But after more than 30 years of conflict, Afghan society has largely retreated into religious conservatism that has seen more women, even in the capital Kabul, wearing the burqa and the niqab full-face veil for fear of a Taliban return.

President Ashraf Ghani has pledged that women's rights will not be eroded in exchange for peace with the Taliban. Face-to-face talks that were expected to take place early this month appear to be in jeopardy after the Taliban issued a statement Saturday saying they would not participate.

THE ASSOCIATED PRESS



The UN Development Program in Kabul plans to stop publishing photographs of women on its website to highlight the plight of Afghan women ahead of International Women's Day on March 8, a UN official said on Sunday. SCREENGRAB

UNITED STATES

## Nancy Reagan, 94, dies

Nancy Reagan, helpmate, backstage adviser and fierce protector of Ronald Reagan in his journey from actor to U.S. president — and finally during his 10-year battle with Alzheimer's disease — has died. She was 94.

The former first lady died Sunday at her home in Bel-Air, Calif., of congestive heart failure.

When she swept into the White House in 1981, the former Hollywood actress partial to designer gowns and pricey china was widely dismissed as a pre-feminist throwback. She maintained that her only mission was to back her "Ronnie" and strengthen his presidency.

THE ASSOCIATED PRESS



Ronald and Nancy Reagan  
AFP/GETTY IMAGES

TURKEY

## 25 migrants drown

At least 25 people drowned off the Turkish coast while trying to reach Greece on Sunday, while Macedonian authorities imposed further restrictions on refugees trying to cross the Greek border.

The Turkish coast guard launched a search-and-rescue mission for other migrants

believed to be missing from the accident, the state-run Anadolu Agency reported. The coast guard rescued 15 other migrants off the Aegean Sea resort of Didim, it added.

The dead included three children, according to private Dogan news agency. THE ASSOCIATED PRESS

### IN BRIEF

#### More flight debris found

Johny Begue, a man who found a wing fragment of the Malaysia Airlines Flight 370 that disappeared two years ago has found more debris in nearly the same spot, on the island of Reunion. He turned it in to police. THE ASSOCIATED PRESS

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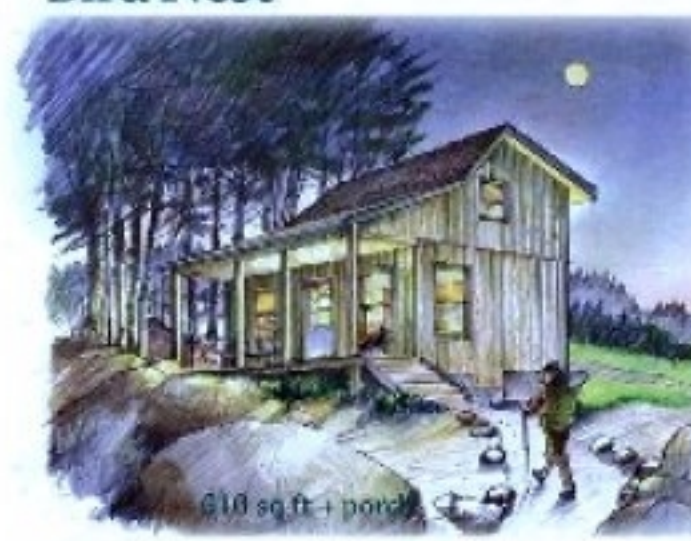
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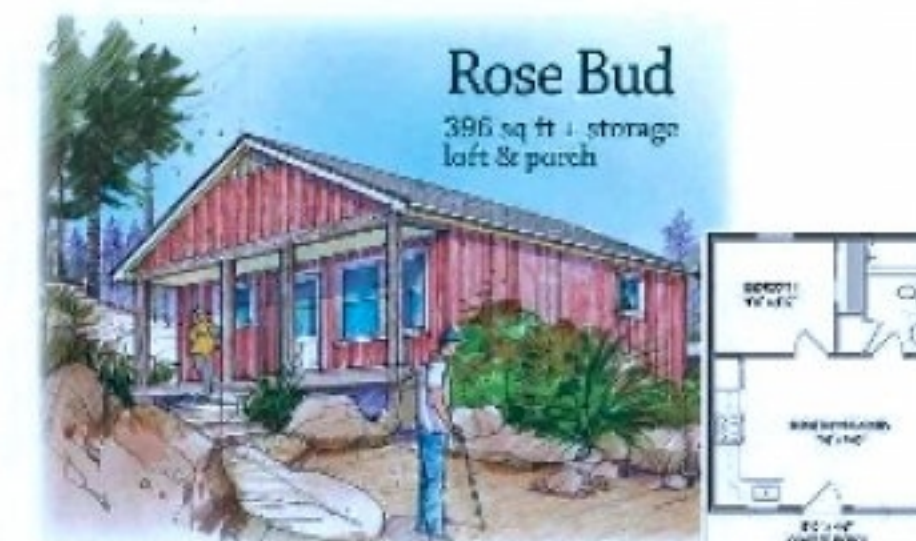


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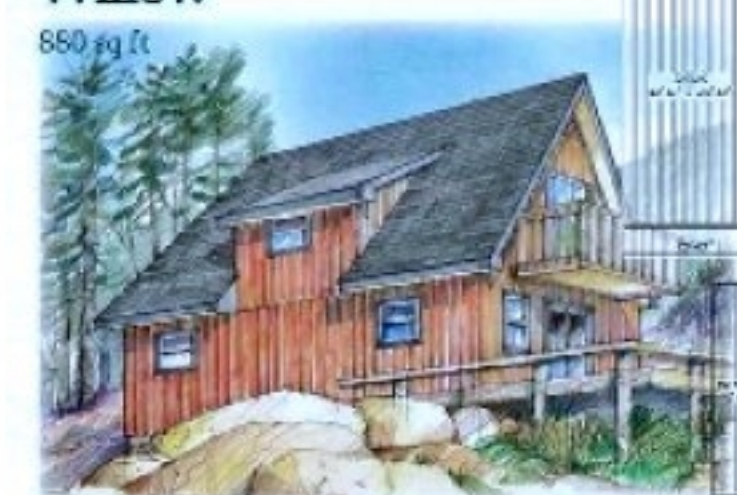
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Your essential daily news

Monday, March 7, 2016

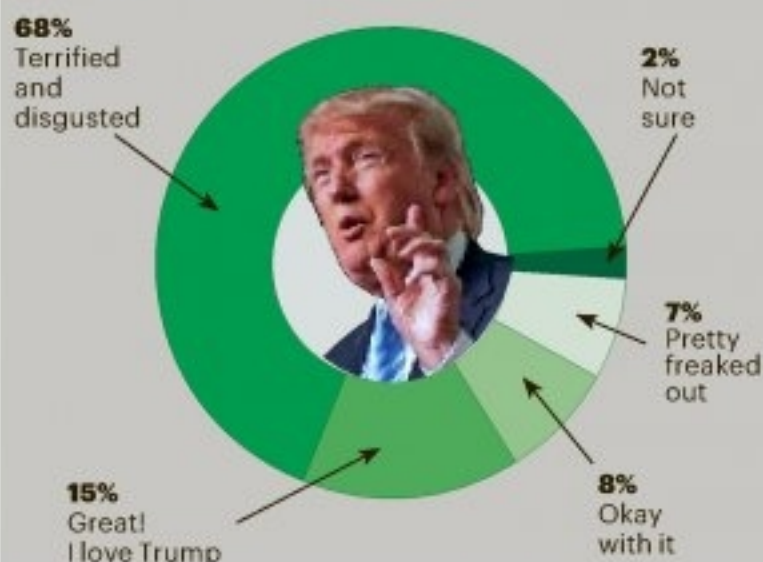
**ZOOMING IN**  
Biologists have shown that Zika virus kills and disrupts cells of the brain's outer layer, explaining how it may be causing birth defects.

## MONDAY METRO POLL

# Should the U.S. dump Trump?

**He's brash, he's bombastic, he's a billionaire** — and he very well could become the next President of the United States. Donald Trump appears close to clinching the Republican nomination, and that has many people jumpy (and others jumping for joy). We asked our readers if they're happy about a potential Trump administration, or if they were hoping never to hear those two words together.

**How do you feel about the prospect of a Donald Trump presidency?**



## 2 Who would you vote for in the Republican primary?



## WE ASKED Metro readers

**Trump is a joke that went too far. This man with the keys to nuclear weapons is a terrifying thought.**

**I'm concerned all of the U.S. has gone koo koo bananas!**

**If Donald Trump takes office, he will create an atmosphere of hate and intolerance.**

**The U.S. doesn't need another Clinton in the White House. Trump may be more presidential than you think.**

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**HAVE YOUR SAY**

## ROSEMARY WESTWOOD

metroview

# The Trump campaign looks, quite simply, a lot like America

So far, the Republican presidential primary has been described as a schoolyard, a circus, a joke, a nightmare, a problem to be fixed, a slow-motion train wreck, the beginning of the end of the Republican Party, the beginning of a new kind of political party. But for those of us seated comfortably on the outside, it has looked, simply, a lot like America.

Those flabbergasted by The Donald's seeming supremacy thus far — I understand. They see things changing dramatically before their eyes, and it scares the hell out of them. But what, really, is changing? It is not American culture, which birthed Trump, and which often seems to prize individual wealth and fame above all else. What is changing is American politics, insofar as it is reflecting the broader zeitgeist.

In Trump's words on Thursday, before he called Mitt Romney "irrelevant" and spent the next 30 minutes berating him: "This is not a plateau, this is a movement. We have a movement going on, folks."

Indeed. What is Donald Trump if not the inevitable progeny of American popular culture, and the logical end to it? In 2012, one study found that 10- to 12-year-old American kids wanted, above all, to be famous when they grow up, and that they wanted the fame for its own sake, though

surely wouldn't mind the money. As an American friend and I joke, in Canada, people say, "If I was rich..." and in the U.S., it's, "When I'm rich..."

Trump's outsized everything — bombast, ego, tanning regime, verbiage, so-called "policies," insults, outrage — is politics, supersized, just like the cliché American diet.

This is not to say that Trump is not disturbing. Like many, I've been guzzling Trump think-pieces like Pepto-Bismol, but nothing calmed that burning feeling in the pit of my stomach until a recent Vox article. It equates Trump-love with authoritarianism, and illuminates the existence of a distinct voter in the U.S. — the authoritarian. A person who prizes order and conformity above all else. A person who approves of Trump's regressive slogan and his alpha male persona, which promises to strong-arm the country into submission.

The article describes how a variety of factors, including decades of fear-mongering from right-wing media, the collapse of the middle class and dramatic social change like same-sex marriage have combined to trigger authoritarian tendencies in enough Americans to make The Donald credible.

In other words: Trump is suited exactly to his time and place, in the good old U.S. of A.

# New NDP leader could challenge status quo

## HALIFAX MATTERS

Stephen Kimber



October 9, 2013. The morning after the night before.

Nova Scotia's first-ever NDP government had just morphed into Nova Scotia's first one-term government in more than 130 years. The party that began its re-election campaign with 31 of 52 legislature seats hobbled across the finish line with just seven shell-shocked MLAs. Even the party's once

**Gary Burrill, though still unknown outside NDP circles, seems like a thoughtful progressive.**

do-no-wrong leader, Darrell Dexter, lost both his premier's position and his legislative seat.

Surveying that NDP carnage, anyone who would have dared suggest the party could not merely recover from its existential debacle but be poised to challenge again for power before the next general election, would have — rightly — been dismissed as delusional.

That may still be true. But today, following last weekend's selection of Gary Burrill as the new NDP leader, it's at least possible for party members to dream again.

It doesn't begin with Burrill.

It begins with Stephen McNeil. McNeil's Liberals have botched their way through too many crises of their own creation. The film tax credit, seniors' pharmacare.... They've arbitrarily slashed budgets for do-good groups

that help the province's most vulnerable, bumbled post-secondary education funding, alienated teachers, nurses and public servants and further mismanaged already bungled NDP files like the Yarmouth ferry and the Bluenose.

They've done it in the name of the great god of balanced budgets, believing they could cut their way to prosperity — and re-election. The problem is, austerity doesn't work, except for those at the top. And the pendulum of public opinion has finally begun to swing away from a generation of failed neo-liberal policies.

Justin Trudeau owes his electoral success, in part, to his damn-the-deficits promise to invest in infrastructure. Bernie Sanders has tapped an equally rich vein of American voter frustration by challenging prevailing economic orthodoxy.

McNeil? His poll numbers have been artificially fluffed up because Jamie Baillie's Harper-Conservative fiscal policies failed to generate electoral traction, while the NDP has not had a permanent leader for more than two years.

Gary Burrill — though still unknown outside NDP circles — seems like a thoughtful progressive who embraces what he calls "social investment" in the economy: "livable incomes," publicly funded post-secondary education, fairer taxation.

Which means we may have a real choice next time around.

That would be refreshing.

**Stephen Kimber** is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Monday.

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Like Beyoncé sings, “best revenge is your paper.” **Metro’s finance guru Lesley-Anne Scorgie** has only five more weeks to break Annick and Yolanda of any bad financial habits and to build a budget for their future.

## Budgeting for Beyoncé



**LESLEY-ANNE SCORGIE**  
metromoney

**THE CHALLENGE:** At the start of January Metro’s financial guru Lesley-Anne Scorgie started performing a financial makeover on two young women. Annick, a Calgary-based 24-year-old, and Yolanda, a Mississauga-based 27-year-old, have just 12 weeks to get their financial houses in order and drastically improve their net worth (assets minus liabilities). Follow along @LesleyScorgie #MetroMoneyMakeover to see their progress.

**THIS WEEK:** “What-if” expenses can throw you off budget and Annick must build up a financial buffer to weather these infrequent cash-crunches. Should these emergency funds be used for wants as well as needs?

**NEXT WEEK:** Yolanda’s frugality is really paying off. She’s up to \$600 per month in savings (outside of her pension) for her down payment. Can she afford to continue her generous donations to sponsor two children and tithe to her place of worship? Stay tuned.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE



Annick spent \$322 on a ticket to see Beyoncé in May, but she’s promised to downgrade her seats if she misses the mark on her ambitious debt repayment plan. GETTY IMAGES; JENNIFER FRIESEN/FOR METRO

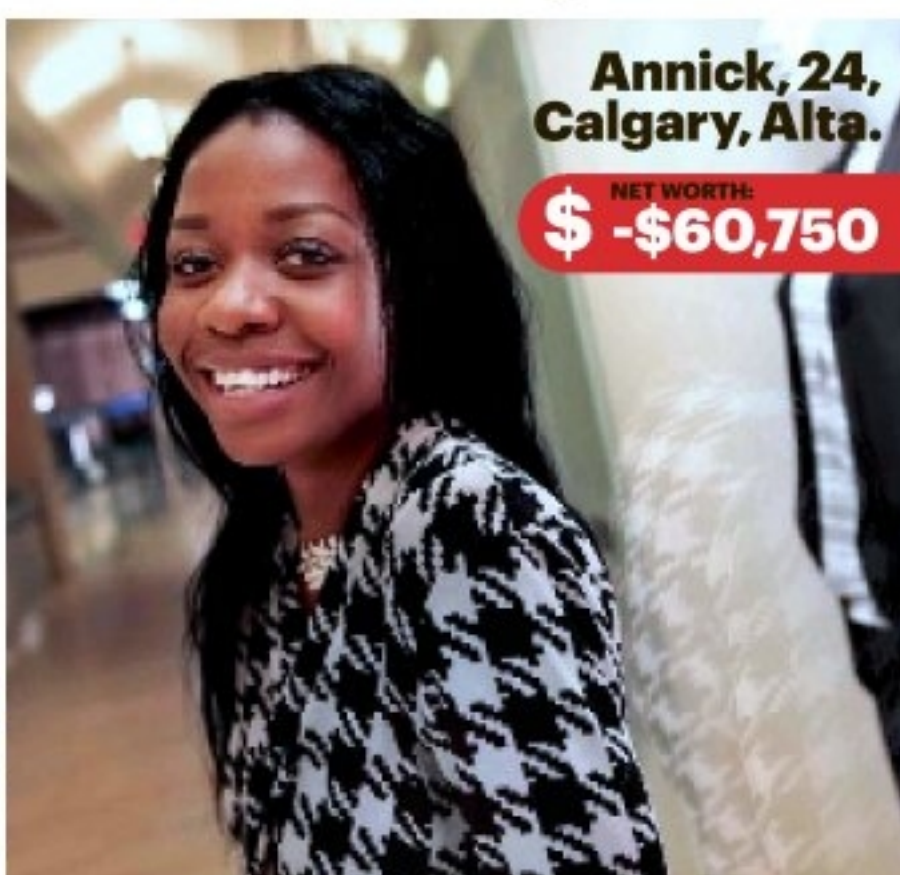
### THE SITUATION

Even if Michael Jackson came back from the dead, Annick wouldn’t pay as much to see him perform as she has to watch Beyoncé in Edmonton this May. Tickets went on sale two weeks ago and Annick, plus one friend, jumped on presale seats for a whopping \$322 a piece. What?

I get it. Beyoncé is killer in concert and Annick needs to reward herself every so often. But would \$200 tickets have done the trick?

The price of Annick’s Beyoncé ticket is equivalent to 11 per cent of her outstanding consumer debt. In Annick’s 60/60/60 debt reduction plan, where she eliminates one of her consumer debts every 60 days, she’s earmarked \$950 in March towards debt repayment. We ran the numbers and Annick needs to pick up extra shifts at her part-time job (she also has a regular full-time gig) this month to afford both Beyoncé and this month’s debt payments.

Over a virtual Skype hand-



Annick, 24,  
Calgary, Alta.

NET WORTH:  
\$ - \$60,750

shake last week, Annick and I agreed that if she hasn’t made her target for debt repayment by March 15, she’ll trade in her premium Beyoncé tickets for the nosebleed seats. I think she can do it!

### THE LESSON

Even the most frugal and financially dedicated people still need fun and entertainment in their life. Otherwise, they’ll end up with bags of money, flaky friends and lonely. The key however, is to strike a bal-

ance — a.k.a. frugal rewards that fill your soul, not drain your bank account.

One of the most effective approaches to frugal rewards is to build up a financial buffer. It’s similar to building emergency funds for legit “what-if” scenarios. You simply open a separate account from the one your paycheck gets deposited into, and contribute in regular automatic intervals such as \$25 bi-weekly. That way, when trips to Miami or encounters with Beyoncé pop up, you can

afford the purchase and shed any overspending guilt.

Annick requires two financial buffer accounts; the first is for fun splurges and she’ll start contributing \$20 per paycheck into a high-interest savings account for that. The second, is an emergency fund that she’ll build within her TFSA by contributing \$25 biweekly. Having both will ensure her “what-if” needs and wants are covered. When she’s consumer debt-free this July, she can amp up her contributions to both.

### \$ NET WORTH

#### THE PROGRESS

Since starting the Metro Money Makeover in January, Annick has added \$1,700 to her net worth by reducing her debt and starting to save for retirement in her group RRSP through work.

#### Assets

RRSP \$600  
Total assets: \$600

#### Liabilities

Student loan \$58,500  
Visa \$1,400  
MasterCard \$500  
Other loans \$950  
Total liabilities: \$61,350

Net worth  
(\$60,750)

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# Have cramps? Take the day off

## HEALTH

## U.K. company's planned period policy sparks debate

Sick days are standard in most organizations, but a British company may soon allow its female employees leave to cope with a specific ailment: period pain.

Bristol-based community hub Coexist is aiming to develop a "period policy" which could potentially include allowing women time off during menstruation. Coexist is hosting a Pioneering Period Policy event slated for March 15.

"The purpose of this policy initiative is to create a positive approach to menstruation and the menstrual cycle that empowers women and men and supports the effectiveness and well-being of the organization," reads a portion of the event overview.

Coexist looks to potentially follow the path blazed by countries where menstrual leave has been enshrined in law.

Japan enacted menstruation leave in 1947. In Taiwan, female workers "having difficulties" working during menstruation can request a one-day leave each month. South Korea also offers paid menstrual leave.

In an emailed statement, Nike said workers at contract factories manufacturing for the sportswear giant are



A 2005 Canadian study found 51 per cent of 934 women reported their activities had been limited due to cramping during menstruation. ISTOCK

provided menstrual leave in countries where this benefit is protected under local law.

However, the company doesn't have a formal menstrual leave policy.

A 2005 Canadian study looking at the prevalence of women with primary dysmenorrhea — recurrent pain and cramping during menstruation — found that severe

symptoms could notably impact their daily lives.

Among 934 women with the condition, researchers said 51 per cent reported that their activities had been limited, and 17 per cent reported missing school or work.

"There's a significant amount of women that have some pain with their periods, and in a portion of those

women it is quite unmanageable," said Dr. Catherine Allaire, medical director of the B.C. Women's Centre for Pelvic Pain and Endometriosis.

Allaire said some women can be bedridden as a result of severe discomfort, which can also be a symptom of endometriosis — a painful condition where the tissue lining the uterus grows outside the organ.

"There's a discomfort in discussing private problems of that sort," said Allaire.

"It's also not a cancer or anything deadly, so it's not something that people under-

stand can cause so much disability."

Toronto-based human resources specialist Lisa Kay said the introduction of menstrual leave has the potential to raise positive and negative issues in the workplace.

"From the employee's perspective, it certainly is nice to know that your employer appreciates that this is a challenging time for women, and would support a woman taking this time off if necessary. But I do think it's awkward for a woman to approach a male employer," said Kay,

president and lead consultant of Peak Performance Human Resources.

"There would need to be resources in place or support systems in place to make it feasible for women to take advantage of this."

From an HR perspective, Kay expressed concerns over instituting a policy that would benefit a portion of the company's workforce.

"It really only represents a small demographic of employees who suffer from this particular ailment and it impacts their work. There's thousands of other things," said Kay.

"Can employees who suffer from regular migraines take this time off?"

"Can employees who suffer from arthritis and are unable to work take this time off?"

"I just think it does bring some challenges that employers are going to have to stumble

through in order to make this a realistic and viable option for their employees."

Ultimately, if employers want to institute menstrual leave, Kay said she would "fully support it."

"I think there's a very important communications piece in the way that it's delivered to employees."

"It's going to have to be done sensitively as well, and the policy will have to be written in a way that's really clear in how it's implemented."

THE CANADIAN PRESS

**"There's a significant amount of women that have some pain with their periods, and in a portion of those women it is quite unmanageable."**  
Dr. Catherine Allaire

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Lionel Messi scored twice in a 4-0 win over Eibar as FC Barcelona ran its unbeaten run to 36 games in all competitions



## Champs for another year

AUS BASKETBALL

### Saint Mary's women win 4th straight, Dal men repeat



**Kristen Lipscombe**  
Metro | Halifax

Hoop dreams came true for Halifax's top university teams Sunday at the Scotiabank Centre.

With a 63-49 win over the Cape Breton Capers, the hometown Saint Mary's Huskies claimed their fourth straight Atlantic University Sport women's basketball title.

The Dalhousie Tigers followed suit in the men's final, edging the UPEI Panthers 87-85 in an electric game that gave the hometown team their second straight AUS banner, a first in team history.

For Saint Mary's forward Laura Langille, there's only one accomplishment that could top claiming the AUS championship in her fifth and final year — winning nationals.

"It means a lot," the six-foot Bedford native said, her eyes welling up with tears while taking a break from celebrating with her teammates.

"There's no other group of girls and coaching staff that I would rather win this championship with," she said. "It's something I'll hold with me for

the rest of my life."

Langille put up 13 points and pulled down nine rebounds.

Cape Breton edged the Acadia Axewomen 59-57 in the semis Saturday, while Saint Mary's dominated the UNB Varsity Reds 62-36 in their semifinal.

In Sunday's championship matchup, fourth-year guard Angelina Carvery led the Huskies on the scoreboard with 15 points, which included downing four of nine shot attempts from beyond the arc.

"It feels good," five-foot-nine Carvery of Halifax said of claiming AUS bragging rights again, but added with their strong winning history, the Huskies "set higher goals."

"We want to play at a championship level every game."

That's why the Huskies already have their sights set on the CIS women's Final 8, which runs March 17-20 at the University of New Brunswick.

Fourth-year guard Lawrence Kashrell called Dalhousie's repeat men's AUS championship performance "surreal."

"It's just very special," said the fourth-year guard from Brampton, Ont., who scored 14 points. "Our team was extremely tough, a great bunch of guys."

"And whenever we were facing adversity, we always found a way to come out on top."

From tip-off to the final buzzer, the men's final was a true battle, as the lead bounced back and forth.



The Saint Mary's Huskies celebrate their win over the Cape Breton Capers — and their fourth straight AUS women's title — Sunday afternoon at the Scotiabank Centre. JEFF HARPER/METRO

It was the Panthers starting off strong, snagging a 25-17 lead after the first quarter. The Tigers stole its first lead of the game in the second, with a pair of three-pointers from guard Matt McVeigh putting Dalhousie ahead 32-31 late in the quarter.

The championship was still up for grabs in the final minute, but the Tigers clawed their way to supremacy, again.

Fourth-year guard Ritchie Kanza Mata, who led Dalhousie with 21 points and eight assists, said winning the AUS championship "is what we strived for all year."

"We put in a lot of hours preparing for this moment, and it feels good to repeat."

The Tigers advance to the CIS men's Final 8, taking place March 17-20 at the University of British Columbia in Vancouver.



UPEI Panthers forward Brad States, left, blocks a shot from Dalhousie Tigers forward Kashrell Lawrence during the men's final. JEFF HARPER/METRO

MOOSEHEADS

### Playoffs nearly out of reach

Playoff hopes continue to fade for the Halifax Mooseheads after a Saturday night loss on the road to the Cape Breton Screaming Eagles.

Cape Breton's two Russian stars combined for eight points to lead the Screaming Eagles to a 7-2 win over the Halifax Mooseheads at Centre 200 in Sydney.

Maxim Lazarev scored two goals and added two assists and Evgeny Svechnikov had a goal and three helpers in the victory.

Cape Breton set the tone early and led 4-1 after the first period, during which Lazarev and Svechnikov each had a goal and two assists. Loik Léveillé and Michael Joly also scored in the first frame.

Cape Breton added to its lead in the second period as goals by Giovanni Fiore, Phélix Martineau and Lazarev, with his second of the night, gave the hosts a 7-1 lead heading into the third period.

In the third, Halifax tough guy Kelly Bent scored his second goal of the game. Ironically, five of Bent's 15 points this season have come against the Eagles.

Halifax entered Saturday's game nine points behind three other teams, with just five games remaining on its regular-season schedule.

The Mooseheads travel Tuesday night to play the Acadie-Bathurst Titan.

CAPE BRETON POST/TC MEDIA, WITH FILES FROM KRISTEN LIPSCOMBE/METRO

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The total attendance for the weekend's action at the Scotiabank Centre.



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## NBL CANADA

## Hurricanes can't cope with Storm

The Halifax Hurricanes were once again edged out by the division rival Island Storm in NBL Canada action.

The Canes fell 108-106 on the Island Storm's home court at the Eastlink Centre in Charlottetown on Friday night.

Despite a decent effort from the Hurricanes in the fourth quarter, during which they outscored the Island Storm, 45-24, there just simply wasn't enough time for Halifax to complete a comeback.

For the Canes, guard Justin Johnson led the way with 28 points, guard Shane Gibson

put up 26 points and centre Kyle Hunt was good for 16 points, according to a Halifax Hurricanes news release.

For the Storm, forward Brent Jennings put up 22 points, guard Rashad Whack added 16 points and forward Tirrell Baines scored 14 points, the release said.

The Hurricanes now have a 14-7 regular-season record, which ties them for first in the Atlantic Division. They tip-off against the Moncton Miracles on home court the Scotiabank Centre, at 7 p.m. on Wednesday night.

KRISTEN LISPSOMBE/METRO

## HOCKEY

### Huskies, Tommies going down to the wire

The St. Thomas Tommies are preparing for a third-and-final game against the Saint Mary's Huskies in the Atlantic University Sport best-of-three women's hockey championship.

After the Huskies edged the Tommies 3-2 Friday night at Alumni Arena on the Saint Mary's south-end Halifax campus, the Tommies came back to beat the Huskies 4-1 on Sunday afternoon back at the St. Thomas home rink in Fredericton.

That means the third

and final game, set for Tuesday night at 7 p.m. back in Halifax, will ultimately determine this year's Atlantic University Sport women's hockey champions.

Saint Mary's, which finished first in the regular season, hasn't claimed the AUS title since the 2009-10 year. St. Thomas has never won an AUS title.

Both teams will advance to the 2016 CIS Women's Hockey Championship, which is being hosted by the University of Calgary from March 17-20 at the Markin MacPhail Centre in Calgary.

KRISTEN LISPSOMBE/METRO

# Surprises on the rise after latest choke jobs

## UFC 196

## Diaz, Tate throw wrench in White's plans for super fights

Moments after Nate Diaz choked out Conor McGregor and punched a big hole in the UFC's plans, Diaz took the microphone and triumphantly, profanely declared his victory was "no surprise!"

Maybe not to Diaz. The rest of the sport is still reeling from a revolutionary Saturday night at the MGM Grand Garden Arena.

The pandemonium caused by Miesha Tate and Diaz had barely subsided when everyone else began pondering the future created by their back-to-back upset victories at UFC 196.

Tate and Diaz scrapped some tentative plans for the promotion's landmark UFC 200 show in July. Yet they also created many tantalizing new possibilities in a sport that isn't afraid of a little chaos.

After his stunning dismissal of the touted McGregor, Diaz (20-10) likely could have virtually any fight he wants in two weight classes, perhaps including a title shot at either lightweight or welterweight. He isn't picking



Nate Diaz chokes out Conor McGregor on Saturday night in

REY DEL RIO/GETTY IMAGES

an opponent yet, but he wants a big check.

"I've been in this a long time," Diaz said. "It'll be nine years. This is my 25th fight here in the UFC, and I've been, in the last few years, curious when this is going to pay off. And I think it's time now."

For Tate (18-5), her first bantamweight title defence is likely to be a third bout this fall with Ronda Rousey, according to UFC president Dana White.

That discounts the possibility of an immediate rematch with

Holly Holm, who got choked out with 90 seconds left in their thriller.

Although a third dance with Rousey could be among the most lucrative fights in UFC history, Tate appeared to be the person least interested in choosing her next move.

"The right move feels like drinking a Budweiser and eating cupcakes," Tate said. "I'll talk to my management team, and we'll talk to the UFC. My job as the champion is to fight the next best person, so

whoever that is, I'll fight them."

As for the beaten Holm and McGregor, they'll have the chance to regain their lustre later this year.

Holm said she would love to fight again next week. McGregor expects to drop back down 25 pounds to featherweight, where he is still the champion.

"I'll keep my ear to the ground and see who the fans want," McGregor said. "Whatever the fans want is the fight that makes sense."

Diaz's next fight could be the title shot he has long sought — and seemed unlikely to get, given his 5-5 record in his previous 10 bouts dating to 2010.

White suggested he could match Diaz against welterweight champion Robbie Lawler in a certain brawl between two sluggers, while McGregor thinks Diaz will get the next shot at Rafael Dos Anjos, the lightweight champion who dropped out of his bout with McGregor two weeks ago because of a foot injury. Dos Anjos beat Diaz by decision in December 2014.

Tate's future seems more straightforward: White immediately said Tate will defend her belt against Rousey, who beat Tate twice before getting knocked out by Holm last November.

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# RECIPE Vegetarian Chickpea Chili



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Start your week off right with this hearty and healthy meatless chili. It makes enough that you can pack it up for tomorrow's lunch.

## Ready in

Prep time: 5 minutes  
Total time: 70 minutes

## Serves 6

## Ingredients

- 2 Tbsp olive oil
- 4 cloves garlic, minced
- 1 medium yellow onion, chopped
- 1 large carrot, chopped
- 1 stalk celery, chopped
- 1 medium green bell pepper, cored, seeded and chopped
- 1 tsp dried oregano
- 2 tsp ground cumin
- 2 Tbsp chili powder
- 1/4 tsp cinnamon
- 1 1/2 tsp salt
- 1 28-oz can diced tomatoes
- 4 cups water

- 1 cup pearl barley
  - 1 can chickpeas, drained and rinsed (16 oz)
  - 1 can black beans, drained and rinsed (16 oz)
- Garnish:** Grated cheddar, sour cream, chopped cilantro

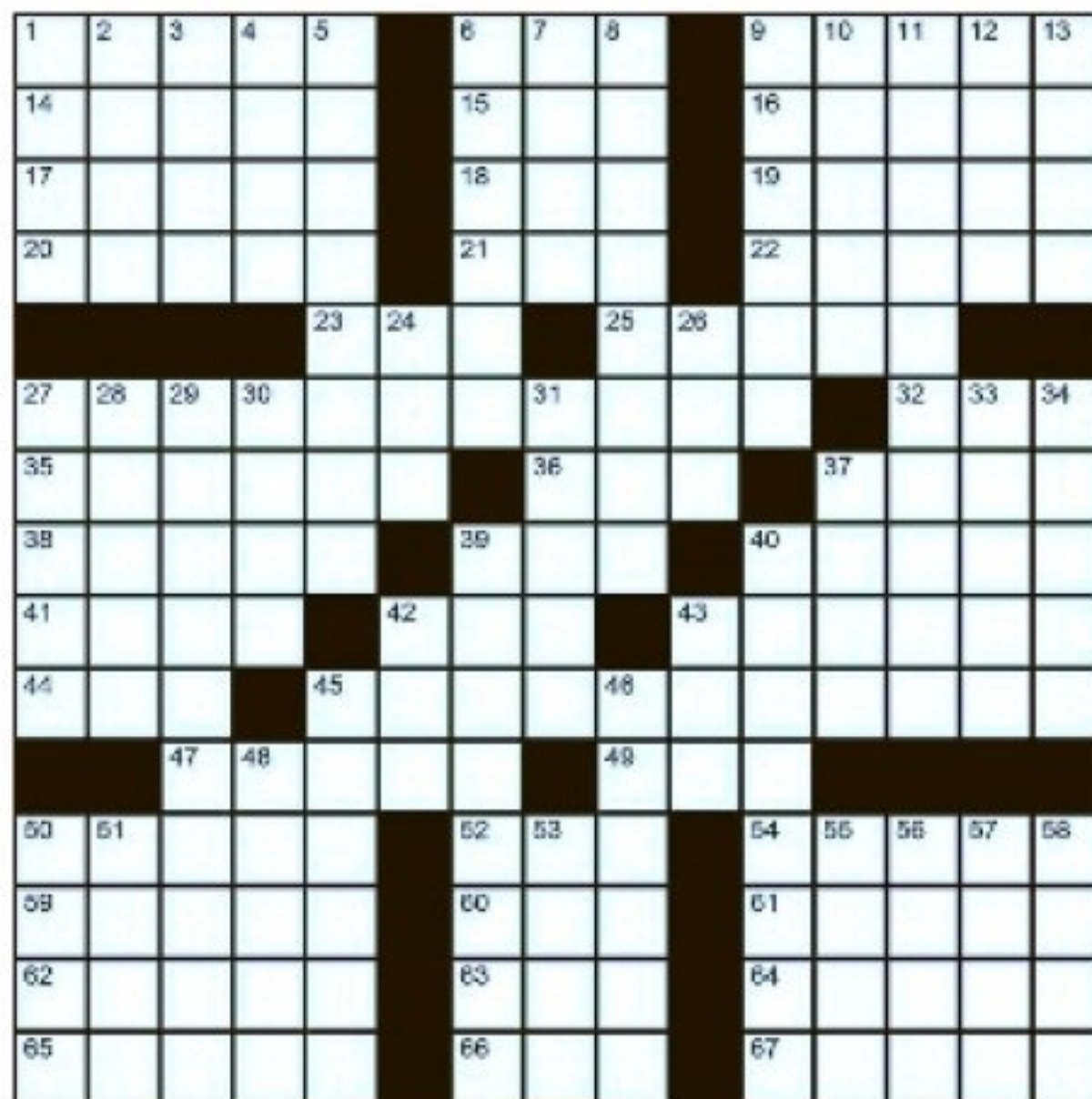
## Directions

1. Heat oil in a large pot over medium heat. Add garlic, onion, carrot, celery and pepper and cook for 10 minutes, or until vegetables are softened, not browned.
2. Add oregano, cumin, chili powder, cinnamon and salt and stir to blend.
3. Add tomatoes and 4 cups of water. Stir in barley. Gently simmer over low heat, uncovered, for 45 minutes.
4. Add chickpeas and black beans. Allow to simmer for another 10 minutes.
5. Serve with grated cheddar, sour cream and fresh, chopped cilantro.

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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



## ACROSS

1. Some bananas
6. Friend
9. Prepare, with a skillet: 2 wds.
14. It could be stuffed
15. \_\_ roll
16. Christopher of "Somewhere in Time" (1980)
17. Armada
18. AC/DC song
19. Scarlett O'Hara's mother
20. Flora and \_\_
21. Luau dish
22. Paul Bettany's role in "The Da Vinci Code" (2006)
23. Pressure meas.
25. So much, in music
27. Canadian Army's polar bear mascot who lives at the Toronto Zoo: 2 wds.
32. Post-WWII female mil. aviators group
35. Restaurant
36. Insert
37. \_\_ do (This will suffice)
38. Shows show-er: 2 wds.
39. Grand-\_\_ Nova Scotia
40. La \_\_ (Milan opera house)
41. Back
42. Billy \_\_ Williams
43. Highest points
44. Chicago's state [abbr.]
45. Place to play hockey on a winter's day: 2 wds.

47. Leader
49. Cheese from Quebec
50. River of Paris
52. Stealth bird
54. Icky-sound-ing plant
59. Molten rock
60. Corpor-

- ate exec.
61. Sing like Michael Buble
62. Movie theatre attendant
63. Canadian hockey legend Mr. Dryden
64. Shoe lace tip
65. Estelle of "The

- Golden Girls"
66. Film studio, DreamWorks \_\_\_
67. Wants

## DOWN

1. Politely tip one's hat
2. Earthen stew-

- ing pot
3. Stead
4. Level
5. Select/single out: 2 wds.
6. Deep-dish meal
7. \_\_ Domini
8. Freedom from constraint

9. San Joaquin Valley city in California
10. Illuminated the candle again
11. 'Big' transport in a Joni Mitchell hit: 2 wds.
12. Eye part
13. Writes
24. Swine dwelling
26. Furthermore...
27. Agar-hold-ing dish
28. Disentangle
29. "Nighttime/Anytime (\_\_\_)" by Canadian band Constantines
30. Sharply turn
31. Canadian actor Mr. Keeso
33. Tim of "Home Improvement"
34. Prohibition Era bottle
37. Froster
39. 1970s fads: 2 wds.
40. Graffiti artist's tool: 2 wds.
42. Scheduled
43. Perfect
45. Headline-making Mrs. in 1871 Chicago history
46. Tea type
48. Not fulfilled, as expectations
50. Conceited
51. Slacken
53. Month segment
55. Advocate
56. Mr. Porter
57. Type of student
58. Sidewalk 'hill' creators

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Keep your eyes peeled and you'll spot an opportunity to make a name for yourself. Don't worry if you look pushy, worry only that you might miss your shot if you hesitate.

**Taurus** April 21 - May 21  
Be precise in what you are trying to say. If you are vague with your words no one will know what it is you are trying to communicate and nothing will get done. Be blunt.

**Gemini** May 22 - June 21  
Something will get under your skin today. It may be something interesting, it may even be something important, but don't shout and scream about it. This is something for you alone to investigate and make use of.

**Cancer** June 22 - July 23  
You're in an adventurous mood and will want to explore further afield than usual. Just be careful you don't stray into areas where you do not know your way around. And always be aware of the quickest route out!

**Leo** July 24 - Aug. 23  
You may be your usual energetic self but don't expect others to be as motivated as you. Not everyone shares your passion and this could be one of those days when it is better to do things yourself.

**Virgo** Aug. 24 - Sept. 23  
Whatever you turn your hand to today it will work out better than you expected, even if it is the kind of thing you have never done before.

**Libra** Sept. 24 - Oct. 23  
There is a danger today that you will try to prove yourself by doing too much. Libra is a cardinal sign, which means you like to take the lead, but make sure you know where you are going before you set out.

**Scorpio** Oct. 24 - Nov. 22  
You can be too hard on yourself, especially when you fail to live up to the impossibly high standards you try to live by. You must be more forgiving today. You're only human.

**Sagittarius** Nov. 23 - Dec. 21  
Someone will get a tongue-lashing today, and no doubt they deserve it, but later you may wish you had not been quite so scathing. Let them know you don't hold a grudge.

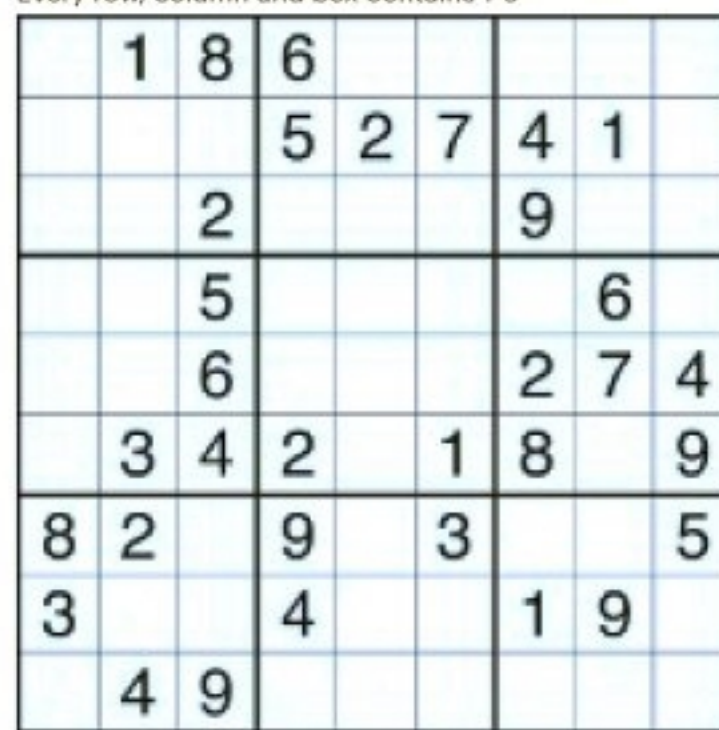
**Capricorn** Dec. 22 - Jan. 20  
For quite some time now someone has been trying to let you know that they see you as more than just a friend or colleague. But do you feel the same way about them? You will have to decide and let them know.

**Aquarius** Jan. 21 - Feb. 19  
The best, and maybe only, way to get results is to transform your current situation. Drastic changes will be made but, having made them, your life will be better — not the same.

**Pisces** Feb. 20 - March 20  
Nothing is impossible for you now. You can move mountains if you so choose. A more productive aim might be to bring together people in pursuit of a common aim.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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## FRIDAY'S ANSWERS

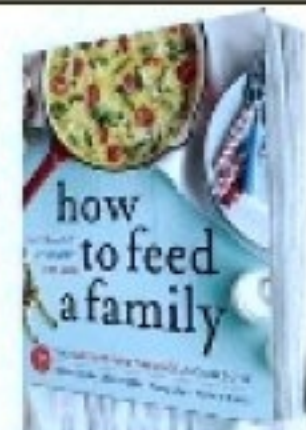
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